



(U) Family Battle Rhythms

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Work and family staying in sync -- event planned for 4 March (U)

(U) In the aftermath of September 11, 2001, General Hayden invited NSA families into the building to reassure them that their loved ones were safe when they came to work. That was the first Family Battle Rhythms evening. Since that time, Gen and Mrs. Hayden have hosted six more Family Battle Rhythms evenings, each with a different theme and a different purpose.

(U) On 4 March, Mrs. Quirk and I will co-host the seventh Family Battle Rhythms. The theme will be *"Deployed in Place: Dealing with Mission and Family Challenges."* This evening is meant to support those military and civilian personnel who are working long hours, are on shift schedules and/or are under a lot of stress due to their job. The evening's speakers will address how to maintain a healthy family life, how to support family members and where to find resources for the families of military and Agency employees. Activities for the children will be available throughout the evening, including pizza and drinks.

(U) I strongly encourage military and civilian members who are "deployed in place" to register for this event.

Details:

(U) *Deployed in Place: Dealing With Mission and Family Challenges*
4 March 2005
1830-2030 Hours
OPS 2B Cafeteria

(U//FOUO) Registration is simple -- contact Work/Life Services via internal e-mail at wrklife@nsa or call [REDACTED] by 1 March 2005. When registering, you will need the following information for ALL non-Agency/family participants (including children):

Name
SSN
Citizenship
Date of Birth
Place of Birth

(U) Family members will receive a decal upon arrival at the Visitor Control Center (VCC#1) on the evening of the event. Please allow 30 minutes for processing into the building.

without the consent of S0121 ([DLsid comms](#))."

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